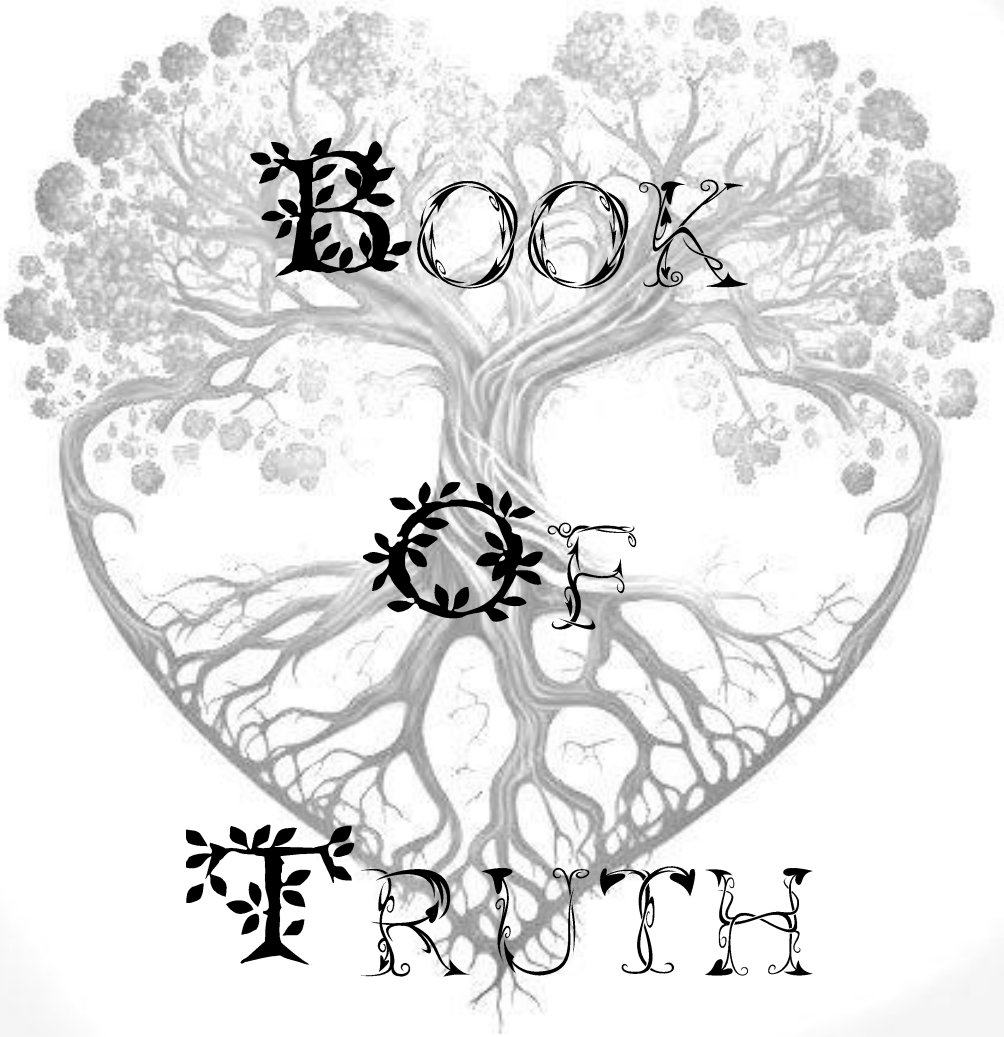
The Book of Truth



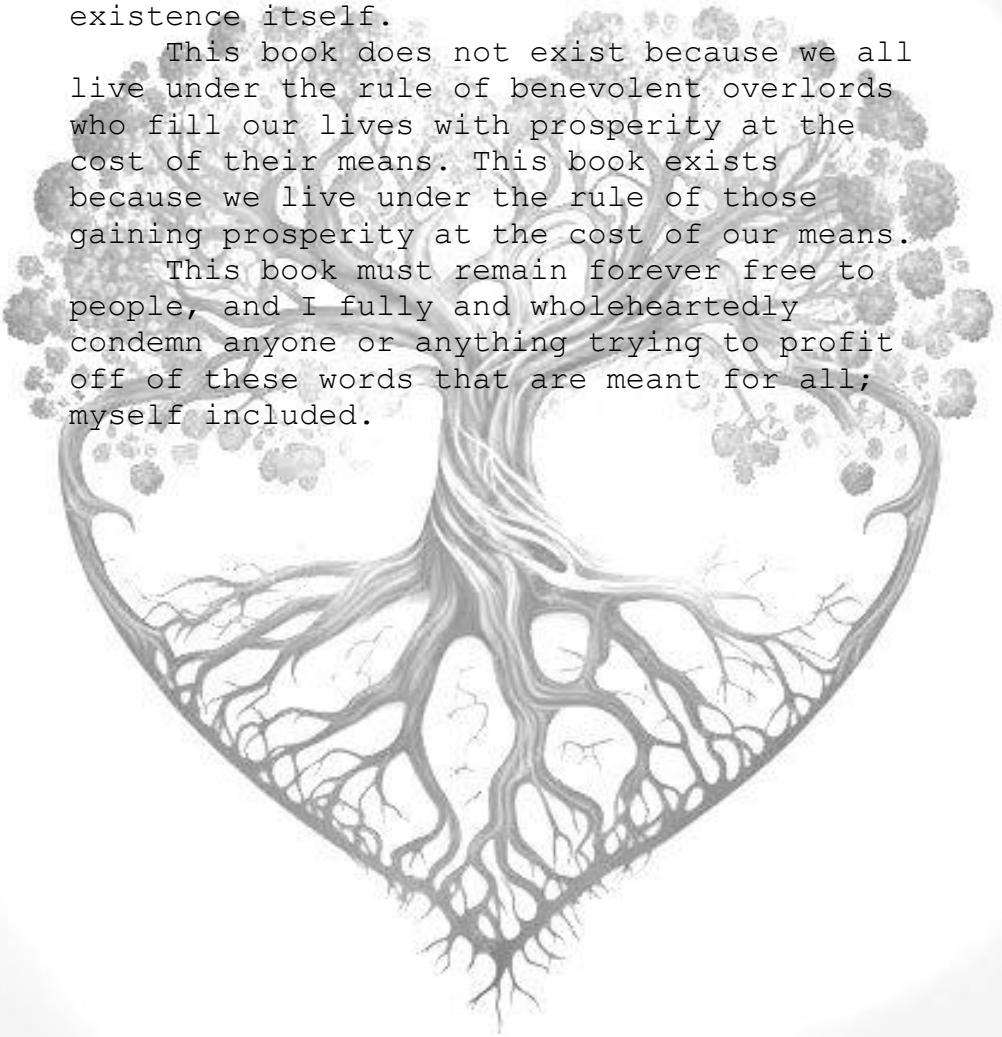
Written by Esh the Many

~THIS BOOK'S TRUTH~

This book exists out of the boundless love we are all unfortunately born with, and the ceaseless perceptions gifted by existence itself.

This book does not exist because we all live under the rule of benevolent overlords who fill our lives with prosperity at the cost of their means. This book exists because we live under the rule of those gaining prosperity at the cost of our means.

This book must remain forever free to people, and I fully and wholeheartedly condemn anyone or anything trying to profit off of these words that are meant for all; myself included.



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The 1st Truth

No word upon a page can stop a person from an action they wish to take, nor can it justify an action taken. **Words themselves are the 1st Truth.**

Our Words- A word reflects its writer's truth, simply needing different perspectives to decipher the writer's desires and/or meanings. For no matter how hard we try not to, what we are and desire will always show through what is written or enlisted by others to write for us. As such, the very words created by us can shape our personal worlds and the worlds of others who experience those words.

Just as the words of a fiction novel can make you laugh, so too can words of nonfiction enlighten you. Much like a religious text gives purpose that didn't before exist. Even the script-written words in a movie can make you cry for another's suffering. This is proof unto the potential power of the word itself.

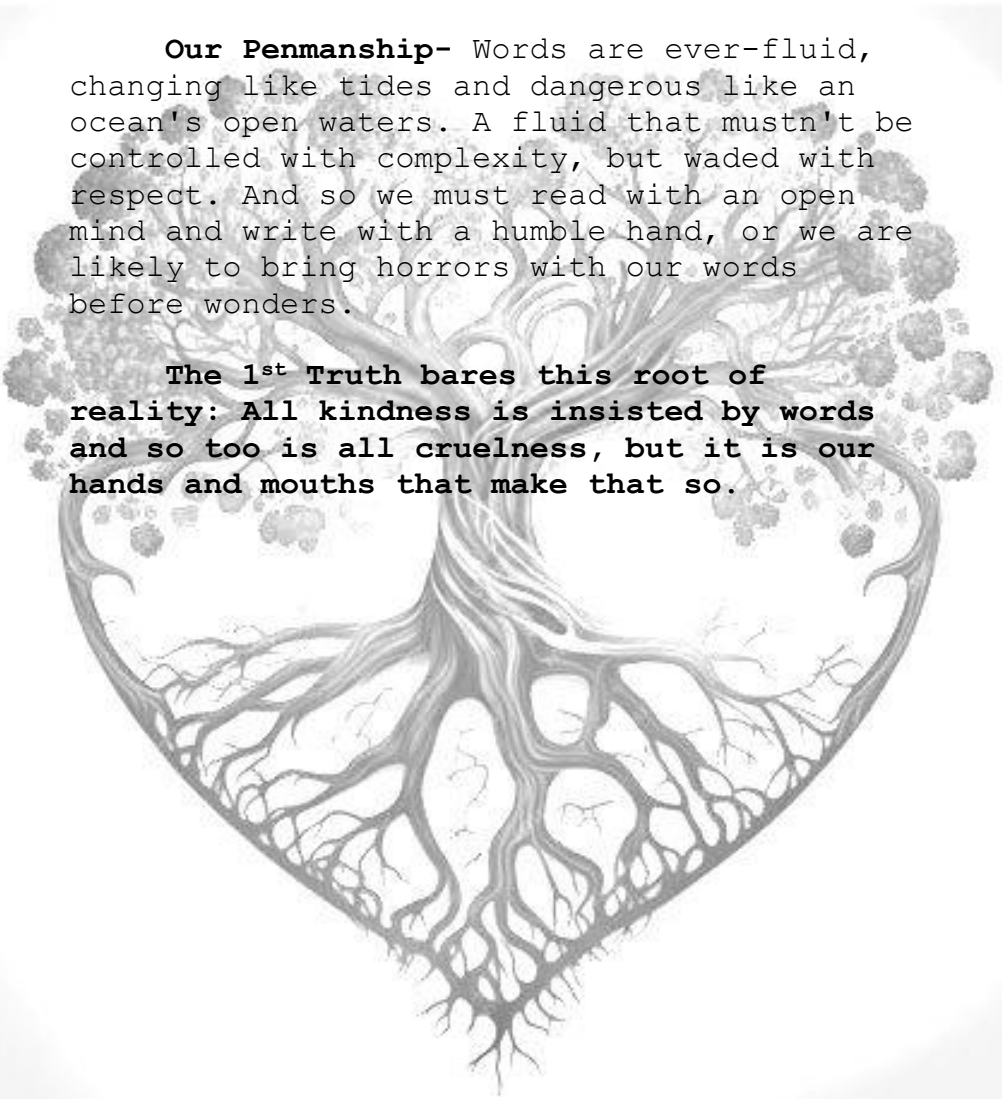
Our Alliteration- Upon the foundation of all societies is the written word. Countries are created by constitutions and cultures connected by belief. Entire eras of our very history are defined by words. All because words can reiterate what we are, making them capable of creating purpose while we are here and leaving purpose when we are gone.

The written word is in its foundation a literal reflection of who and what we desire from our world or others. Words that deny

and obligate are inherently words of slavery, their writers seeking to alliterate their superiority over those they falsely assume lesser than them.

Our Penmanship- Words are ever-fluid, changing like tides and dangerous like an ocean's open waters. A fluid that mustn't be controlled with complexity, but waded with respect. And so we must read with an open mind and write with a humble hand, or we are likely to bring horrors with our words before wonders.

The 1st Truth bares this root of reality: All kindness is insisted by words and so too is all cruelness, but it is our hands and mouths that make that so.



The 1st Lie

A word cannot lie, or kill, or collect debts, or punish per its wants; that is reserved for those that use words. **The 1st Lie is politics.**

Our Rules- Though someone may place many words together to pretend as if they are impassable laws, rules, or politics, the freedom of action will always have power over the words of laws and rules. As it is the man arresting you who could choose your life over the words he enforces for others, or the proverbial executioner who could cut your binds rather than your neck.

Too often written rules and politics hide behind potential or fictional betterments supposed to serve the greater good or benefit all citizens, but instead they have immediate negative or belittling effects upon a society.

Too often these alliterated lies are camouflaged by the term 'politics'. These politics are used to decide, define, and dominate the very human race itself; used to start our wars and justify our destruction.

Our Obedience- If the words of a leading body demand your obedience, then the purpose of those words is enslavement.

If the words of a law make you afraid, then the purpose of those words is satisfying another's fears or want for fear.

If the words of a system demand you pay for them, then the purpose of those words is greed.

If the words of a free Book of Truth begs you for better, then the purpose of those words is love. So please, let's do better.

Our Edict- The more words attached to a thing that governs others, the more likely it is a lie serving the whims and wants of others. As the less words you have the easier it is to see the truth in them, and the more words you have the harder it is to see the lies in them. This is insisted by many areas of political function in the world, areas passing and allowing for the creation of 100+ page rules that are nothing more than self-serving addendums served up in the form of lawyer written lies.

No land nor people can survive upon words that force hands before opening them to better choices. As a country is only as good as its people choose or allow for it to be.

The 1st Lie bares this root of reality: To use bureaucracy and/or politics for the gaining of wealth and power is not real; it is a trick built upon the lie that it is not a peoples' hands holding up a country, but their leaders'.

The 2nd Truth

If we admit to what we've done and give amends that is accepted by those we've wronged, then there is no need for another's intervention. In truth, by doing so we create our own self-governed sense of right and wrong. **Responsibility is the 2nd Truth.**

Our Honor- We will always make mistakes and do wrong, because we are all imperfect, because imperfect is the blueprint for all life. But only in living these mistakes and owning these wrongs can we find personal greatness. As it's that within the minutia that makes a thing amazing; it is the spice in your food and the pep in your step.

Too often the mistakes of a person are used to belittle their credibility. However, it those attempting to be seen without mistakes who are more prone to making them and often defaming the honor of those that have in order to gain a superficial sense of righteousness. To be wrong and right is to be held as human. To attempt to only be right is to hold yourself as inhuman.

Our Penance- Every cruel thing done will hurt the one doing it as well, whether or not those suffering that cruelty can or get to see it. The same as making amends can heal those who have been hurt. However, those who are cruel must suffer twice; once for the realization of what they've done, and again when they seek amends from those they have done it to. Rather than adopt this reality, systems of governing across the world offer pseudo-forms of it within

perceptually black and white constraints that do not allow for a victim's personal reconciliation of what occurred as much as a 3rd party offering of reconciliation, and a pseudo-amends on the victimizer's part.

Not all offense and amends are straight forward. An offense can spring from but a passive speck of spoken words, and amends may take a lifetime if the offense is grave. That is why being human amongst other human beings takes great effort, because no systems not directly derived between a person wronged and those that wronged them can bring amends to the wronged and reconciliation to those who wronged.

Our Righteous- To be responsible is to empower yourself, because those who take ownership of what they say and do cannot be belittled by insults or beaten by inaction.

A fool who is responsible for their foolishness will soon find themselves feeling much less foolish.

A parent who admits they have failed their child will find no failure in admitting so.

A leader who willingly steps down for a better leader becomes a great one by doing so.

The reality of human righteousness is not a mystery. It is simple common sense over anything not common sense. It is choosing the harder path with the best rewards for everyone rather than the easier path with more rewards just for you.

The 2nd Truth bares this root of reality: Responsibility is the only thing that can save us from ourselves.

The 2nd Lie

Just as revenge cannot right a wrong, a justice system cannot undo what was done. **The 2nd Lie is justice.**

Our Laws- There is no judge upon any chair that can ever fully understand each of those they pass judgement upon. No one is capable of defining another's suffering; that is known only by the individual who suffers.

Another cannot decide right and wrong for us, only we can do that in the moment we decide to do right or wrong. As no amount of grand courts or honorable juries can condemn or justify a moment; that is reserved for those in and responsible for that moment. It is reserved for those of us who knowingly break them out of arrogance or defy them out of righteousness.

Our Courts- To be able to purchase lawyers for a greater chance at justice is to imply that right and wrong are a commodity to be sold. And to sell the capability of justice is to offer it only to the wealthy in certainty. If my money can be used to argue a law that I broke, then that law is purchasable. Same as if another can pay to say I am wrong, then so too is my righteousness available to the highest bidder.

Any system of justice imprisoning others is a form of modern slavery, because most punishments desired by victims do not take years and holding cells to enact. Also, every prison makes money for those that own

that prison, putting prisoners to work for slave-wages in blatant insistence of this modern slavery.

Our Fears- We cannot govern over nor protect the future actions of others. We can only govern and protect the moments in which we are living, reflecting what we are within those moments. For if we feel misunderstood and unheard, then we strive to be heard and understood in our actions and words. This is why so many demand a state of governing in spite of their born freedom and capability, because they are afraid of what could happen instead of dealing with what is happening.

No future or outcome is certain, which means no attempt to control the future or an outcome is done logically.

The 2nd Lie bares this root of reality: No punishment nor recompense will ever restore what caused the desire for it, but the choice to personally do so gives us the chance to choose better than imprisonment or enslavement.

The 3rd Truth

To purchase a home is to satisfy a need, but to build a home is to enrich your mind with experience and your body with strength of action as you create a home that reflects those things. **Enrichment is the 3rd Truth**.

Our Laziness- Easiness is the enemy of enrichment, taunting us with instant access to our desires and wants. But easy doesn't fulfill wants and desires, it can only temporarily ease the need for them or at best allow for a needed respite. As the effort we give something decides its caliber of quality and our betterment because of it; it's the difference between brownies from scratch and factory-made.

Truly the universe loves irony to bestow humankind with limitless capability paired with the capability killing, masochistic act of simple laziness.

Our Strength- Enrichment is the outcome of the effort we give, deciding things as simple as our breakfast to things as complicated as what we stand for. Just as a person can enrich themselves into the most formidable athlete to ever walk the earth, so too can they enrich themselves into being the greatest parent in the world to their children. Enrichment takes but our attention, our open minds, and our willpower.

Again the universe rears its ironic truth in the cost of our limitlessness being nothing more than our want and will for it.

Our Growth- To eat naturally grown, living foods is to enrich your life with health.

To laugh with a friend is to enrich your life with joy.

To step past a lie is to enrich your life with truth.

To watch a sunset is to enrich your life with beauty.

To accept your mistakes is to enrich your life with humility and wisdom.

To stand up against another's greed is to enrich your life with leadership.

To accept that you are in fact we and we are what creates a better or worse world is to enrich your life with coexistence.

To look past everything you fear, every shame, and every regret for the sake of who you truly are and the world that gives us all life is to enrich yourself with enlightenment.

The 3rd Truth bares this root of reality: True enrichment is born from homemade and handcrafted, itself homegrown in and handcrafted by the quality of our own efforts.

The 3rd Lie

There will always be those that believe who they are or what they own gives them the right to control who others are and what they own. **The 3rd Lie is entitlement.**

Our Heritage- There are many realities that can create a sense of entitlement in a person; too many to list. But there is no need to list things that cannot be hidden. As those who live these realities always have more than most and take more than most should have to give, also insisting what they produce or have made above anything else or anyone else. The people who live and embody these states of self are the icons and business moguls and revolutionaries of modern technologies; they are the leaders of the world we all must live in. And as such the world reflects them and their wants upon us all whether we want that or not.

A country is made by its people, but it is shaped by the mistakes of its leaders.

Our Materialism- Having more than most is the most common way others' entitlement is put upon us. In order for someone to have what a 100 people could have, they must first deny a 100 people what those people could have. As it takes more power to keep a superstore running one day than the employees keeping it running would need all together in one day, making the purpose of that store definable as over-abundance for the sake of furthering an over-abundance of wealth.

This is materialism, the most destructive –ism in our world, allowing for the creation of everything from nuclear weapons to ethically debatable data centers. It lets those without worldly needs take from those with worldly needs, feeding a proverbial spoiled and abusive child who uses economic influence and monetized-morality to get what they want.

Our Greed- Taking more than should ever have to be given is always done by those inflicted with entitlement. Such as an insurance company may demand you pay every month for years, but deny you any payment with blatant bureaucracy or selfish self-governing rules.

Entitlement enslaves our freedom and abuses our choices, but it does the same to those with it. Even a simple thief must first feel entitled to what isn't theirs, or they'd never take it in the first place. It's no different for a billionaire forcing his empire upon a country with the entitled economic influence of his wealth. As such this makes the very state of a people up for sale.

Throughout human history entitlement has undone honor and justified atrocities. Because entitlement isn't an unseen monster or a terrorist dictator, it is a weakness for desire-fulfilling wickedness that lives within all of us.

The 3rd Lie bares this root of reality: Entitlement is the reason for all hate and wickedness, making us first feel horrible wants before we can commit horrible acts.

The 4th Truth

Quality can free any mind or body from suffering. Because quality cures our desires and pains, not the quantity or convenience of what we desire and the same goes for the easing of our pains. **Quality is the 4th Truth**.

Our Ability- That of quality can often be made by our own two hands. As quality is an aftereffect of the artisans of our world. Created by bakers and farmers and writers who put their hearts and wisdoms into what is made. Thus our human ability to thrive is rooted into our abilities to produce a quality that betters our futures rather than condemns them.

The body can be born sick sometimes, but it can only become sick from lack of quality. As even a body born sick can find alleviation to suffering somewhere amongst our boundless world. Just as a loving hand may heal sorrow, a hateful hand may create it. Or just as a quick fix may momentarily vanquish suffering, long term quality may permanently cure it.

Our Natural- All quality is matched by its purity; for a thing of true quality contains only equally pure parts and never any added artificial ones. Though a pill containing steroids or antibiotics may momentarily make you feel strong and healthy, a non-GMO organic eating habit and simple forest hikes will eventually make you strong and healthy.

The natural is the basis of all quality; for the natural existed before us and it will exist after us, and that is because it is us. From primordial life to fruit trees, the natural is what nurtures and sustains us all; without it we would only find death, thus the deforming of the natural away from its base quality will afford us the same.

Our Quality- To have an abundance of what is low-quality can never add up to quality, nor can the convenience of it quantify as quality. For in order to become wealthy off of real quality, those doing so must tear apart a thing of quality and redistribute the many micro-facets of what creates that quality in forms of profitable quantity; this inherently kills the life within a natural thing of quality and all its remaining components. As such, definitions of quality often sit as accepted lies amongst cultures.

To have and take less of another's quantity is to seek a better quality of body and mind in yourself.

The 4th Truth bares this root of reality: True quality is found within our faults or failures and our willingness to grow from those faults and failures; just like the natural itself.

The 4th Lie

Just as artificial flavors can taste real, so too can quality be given as an illusion. **The 4th Lie is false quality.**

Our Impatience- Quality cannot be determined by those that market it, only those that consume it. This is why franchising and/or marketing gives only repeatable frauds of what others and nature itself have already perfected. As desiring what another offers due to convenience or cost is different than bettering your personal quality with nature's or another's items.

It is our own impatience that allows for a world of psychologically damaging and physically toxic false qualities.

Our Trades- In order to sell low-quality and make a fortune, one must sell that low-quality for more than it's worth. And the impoverishment of others will always be a side-effect in the action of making any fortune. Thus creating a cycle of negatively influential false quality that is haphazardly continued by the wealthy.

Due to our bodies' impressive abilities to adapt and persevere, we as people can consume toxic and damaging forms of low-quality for a great deal of our lives before becoming crippled by it and a time after as well.

As long as there are those with fortunes and industries and economies providing low-quality, there will be us without fortunes who have had our very

perceptions twisted to believe that what they offer is worth what we pay; it is not. For no one's fortune or industry or economy is worth a single second of another's suffering and/or sickness.

Our Falsity- These masters of products, services, and our perceptions can never hide the lies they use to become fortunate, because the pompous and planetary brand-names and symbols used to familiarize us with their lies are exactly what defines them. As no fortunate woman or man needs to continue making a fortune, this is a reflection of basic greed and compensation for a lack of self-worth.

False quality thrives on popularized familiarity, leaving us longing for their lies. As the joy of a thing comes as much from what it is, as it comes from what we see or believe it is. And so to question what we put in our bodies and allow into our minds is truly our greatest weapon against our own falsity.

The 4th Lie bares this root of reality: Surrounding ourselves or filling our bodies with false quality will always result in suffering.

The 5th Truth

We all have endless freedom, owned only by ourselves and the land we live and die upon. Because freedom isn't made or given by empires and governments, it's marketed by them. **Freedom is the 5th Truth.**

Our Beliefs- Freedom of belief is the freedom we exercise the most. We forget that *our* beliefs means *our beliefs;* as in *all* beliefs are ours, even the ones we don't understand or agree with. Only a belief forcing itself upon others or condemning those for not being part of it is a belief that is truly not a belief of ours. For it is not belief that causes killing and terror, it is those that use belief as a justification for their killing and terror. Our beliefs define our kindness and our cruelty.

We are not constructed of beliefs, because we are not born from wishes nor delivered by deities; imperfect mothers and flawed fathers birth and carry us all into life. As such the only two gods that will ever walk this earth for a person is the mother that created them and the father that brought that creation. If the creation of life is considered a godly act, then it is womankind we should first seek for the wisdom of our creators and mankind we should second seek for acting upon that wisdom; these gender roles are not implicit, they are transferable and even sharable between the genders of our multi-diverse species known as humankind.

Life exists solely to continue, and no amount of religious nay-saying or personality-diverting new technologies can ever upset that. Life is the belief we are born and die with.

Our Actions- To be purposeful in action and speech starts with being humble, because to ask or take or expect more than you need is the definition of a selfish action.

Decide the dirt beneath us is more important than us, because it literally holds our entire future upon its surface. Admit the food from its soil as well as the air from its skies and trees more valuable than any fortune, because without them we would have no life to revel in life's riches. Deny the pre-made fantasies wealth offers, because that of true value is made and loved by our own two hands.

Our true humility comes from accepting that we are free from all things except our own choices.

Our Choices- Freedom to decide what we can become is how we understand who we are, and finding ourselves is how we start walking the rewarding path of who we are. For we are incalculable and immeasurable, an epic tale yet to be finished. And when we are no longer alive, the story of our life will continue to influence the world in ways we will never know. The tales never told are the only true tragedies in this world.

Our choices are the embodiment of our freedoms, carrying us through every action we take and word we speak. They are, justifiably, the one thing that defines who

we are and often who others might choose to become.

The 5th Truth bares this root of reality: Without freedom, who we are is bought and paid fiction.

The 5th Lie

To allow impersonal aspects above your control to make choices for you and your purpose is to enslave your choices and purpose. **The 5th Lie is enslavement of choice.**

Our Rulers- Those who live to force choices upon us and govern all we know are those that belittle the land beneath their feet, because that land is nurtured or ravaged by the choices of everyone.

Such a person slanders common sense as trivial, taking from the land and those upon it with reckless abandon; our world is not immortal, it was made one way or another and it can be unmade by us the same.

Such a person finds ways to make us all believe and act the same as them, because it takes only misguided perception to turn the honest into liars and it takes only wealth to buy the righteous; for to be under the decisions of those with limitless wealth is to be bought by masters.

Our Shackles- These rulers are the slavers of our choices, selling lifestyles for lifelong costs, filling shelves with toxic low-quality, and corrupting minds with trended technologies. All of which are guaranteed to keep us content. All guaranteed to make us feel as though we are receiving exactly what we desire or need.

With our desires and needs feeling met by our rulers' lies, we do not question them when they sell our very health back to us in forms that will only make us sicker; for

being the person who pays the people to heal you and for what is used to heal you means that person can choose how or not how we are healed. And so what we truly use to buy our rulers' conveniently accessible desires and needs and health is our freedom. All of us giving up what none of us can ever truly lose simply because of modernized snake-oil salesmen.

The shackles we all wear are nothing more than a salesmen's trick, making us believe their convenient contacts and comfortable shackles will rid us of the efforts required for our desires and needs. This makes us feel superficially absolved of the fears we have of the ever-unknown future; for fear is and will always be the true form of the enslaving chains that all humankind chooses to wear.

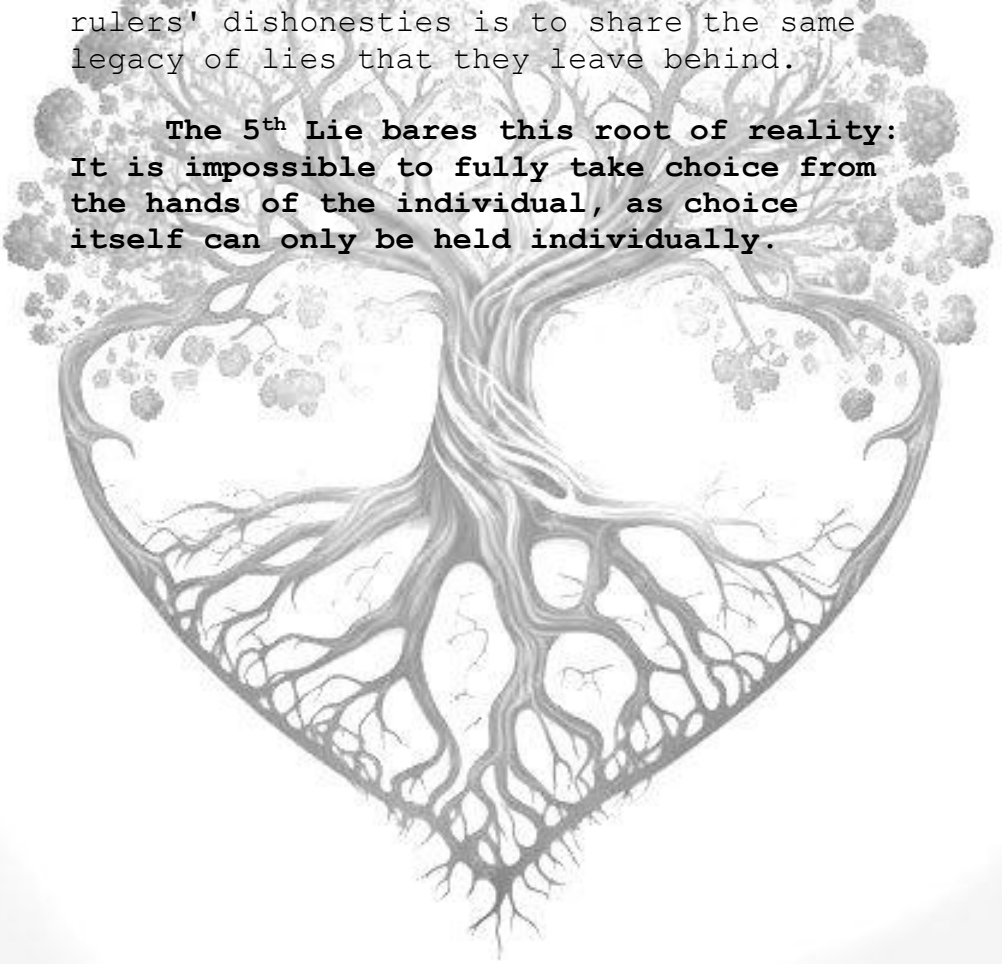
Our Legacy- These undefined rulers or masters are far from undefined, most sitting upon pillars of wealth and influence too big to hide; their very influence fueling and wealth funding the atrocities across the world. All of them wanting greater and grander from a world that already consists of the greatest and grandest of things. All of them lost to the fact that it's not that which can be built bigger becoming their legacy, but their uncountable small and not so small acts sickening the world long after they are gone.

Without the truths within this book, these wealthy and influential rulers seek fulfillment with utter human disregard, amassing empires that can never be sustained as they fill our lives with the unsustainable. They believe the land's

existence to aggrandize them, dominating the humble trades; for just as a lie can be told between lips until it becomes a prejudice, it can be mass-advertised to make a fortune.

To live in or profit from dishonesty is to have your presence corrupt others' lives with uncertainty and misguidance. Thus to live in and contribute to the shadows of our rulers' dishonesties is to share the same legacy of lies that they leave behind.

The 5th Lie bares this root of reality: It is impossible to fully take choice from the hands of the individual, as choice itself can only be held individually.



The 6th Truth

I may choose to own 20 dogs if I wish, but it is undeniable that my life would be easier if I owned only 2. **Simplicity is the 6th Truth**.

Our Humility- None of us can ever truly be free without simplicity. Because without simplicity life becomes a never-ending task to maintain complexity.

Simplicity is not less or more, but it can be less or more. Just as a child may need less kindness if they become spoiled, or a kind man more cruelty in his words if he's being taken advantage of.

Our Guidance- Awareness is the guardian of simplicity, allowing us to see reality rather than the fantasy of fears and obligations we've inflicted ourselves with.

Stoicism is the defending sword of simplicity, a unique -ism that allows for a simpler point of view over an emotionally conflicted one or a socially obligated one.

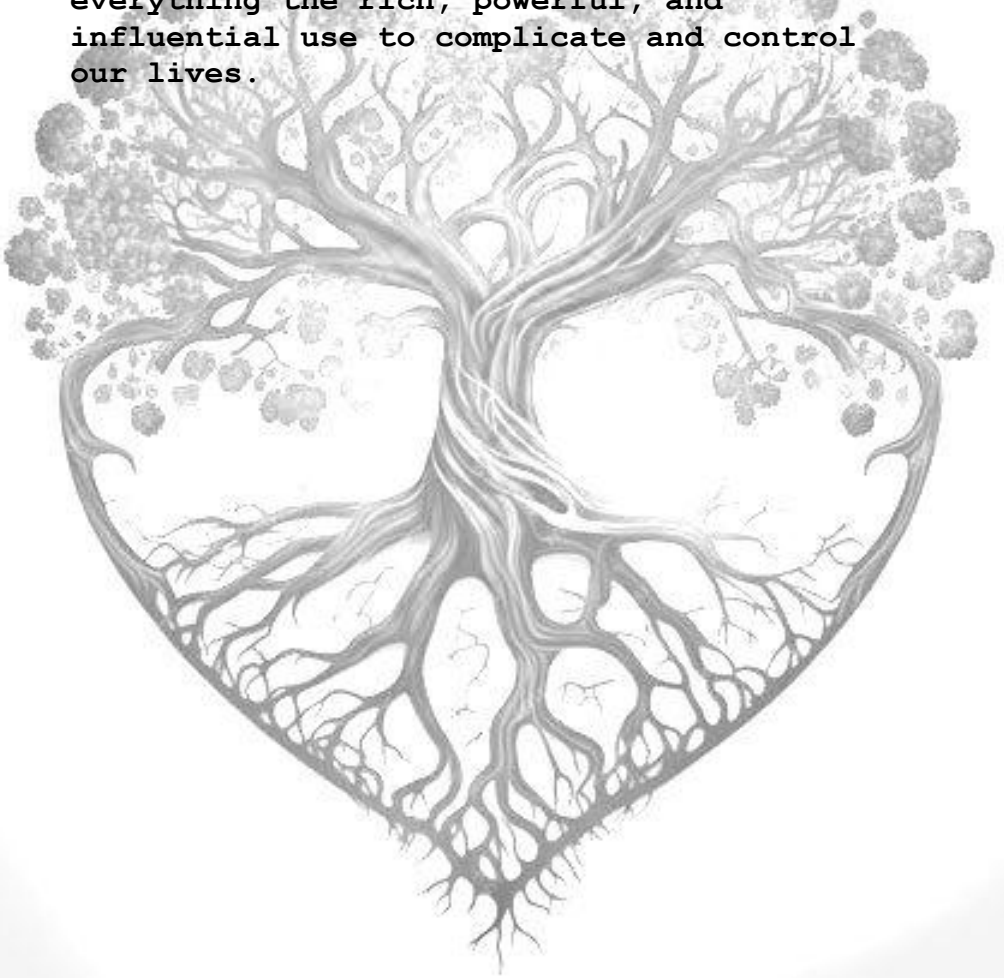
Complacency is the abuser of simplicity, letting us believe our state of being is too hard to change or isn't worth changing or even can't be changed.

Uncertainty is the crippler of simplicity, making us too worried or jaded to try different from what we know.

Our Hands- We are the creators of simplicity and the harbingers of it. Only we can harvest for ourselves simplicity's benefits. And only we together can simplify the complexities that condemn us all to

keeping them going. It is by our hands that this world has been complicated into what it is, and it is by our hands that this world must be made uncomplicated.

The 6th Truth bares this root of reality: Simplicity is the opposite of everything the rich, powerful, and influential use to complicate and control our lives.



The 6th Lie

Believing one group more capable of knowing what an individual needs than the individual is like using a committee to decide breakfast. **The 6th Lie is complexity.**

Our Arrogance- Much can be used to complicate the freedom of our minds and bodies. Monthly bills can twist our wants towards their obligations, laws can make us scared to act, and even bureaucracy can decide how much is taken from us without our individual choice.

It is our arrogance that hides and creates a dissonance between us and the reality of simplicity. Our arrogance that justifies unnecessary complexities that create the immediate and future suffering of entire cultures and countries.

Our Gullibility- To think that a document can accurately decide or define your freedoms is to believe that a document can have a deeply intimate relationship with you. For a piece of paper can no more define or decide who a human being is than a single star can define the entire universe.

The want for wealth often spreads with profitable complexity. Every basic necessity, from lumber to licorice, is abused by these complexities; their values ever-rising and partially falling for the sake of others' wealth never failing. Using terms like economy and inflation to insist a fluctuating state of monetary-class that keeps the rich richer and the poor poorer.

In another way, the want for freedom can and has lead us to revolutionary complexities capable of undoing enslavement and entitlement. Even now there are those making waves of change within cultures and countries for the sake of something better than bought bureaucracies and corporatized leadership.

Our Acceptance- Complexity is our fault. As only accepted fault can lead us to better versions of who we are and how he exist together.

None of us can ever truly exist without complexity. Because without complexity the simple joys would lose their contrasting zest; complexity is the sweet and spicy of life when it comes naturally and selflessly in our lives.

The 6th Lie bares this root of reality: A complexity shouldn't force us to continue it after its usefulness, and to do so is to be a slave to that complexities' creators.

The 7th Truth

No matter the moral nor religious ground in which we stand, our bodies are the only things carrying what we are. **Body before mind is the 7th Truth.**

Our Bodies- No matter how strong a belief or conviction we carry, it is our body that it exists within. Our throat speaks our ideals, our feet carry us to where we can be heard, our lungs fuel our words with oxygen, and our eyes pull others into our hopes as our hearts break and bleed for all of it. That is why every single person's body could be considered a demi-god vessel of possibility and capability, something to be wholeheartedly believed in or suffering from the karmic effects of neglecting it. A wise god wouldn't waste time believing in those that don't first believe in themselves.

A body is given time in days for our desires and time in nights to rest from them, often this can reverse for those living a late night life or in areas of the world with longer nights. To give any portion of this time is to give away the limited life in which your body has. And yet to give life to others is one of the most rewarding purposes of the body; just as a tree shades from the harsh summer sun, a body can brighten another's day with a smile and compliment.

Our bodies are and will always be the greatest thing we can physically inhabit; truly our most valuable possessions.

Our Desires- Our bodies can only be given by us. So to physically desire another is not to desire another's body, but to desire physical closeness in a world where we all know that we're inherently singular. Thus it is not sexuality that misguides us to quick and easy pleasures, but our hope that within these acts we will connect with another singularity. And so we must keep our hope, but learn to moderate or rid ourselves of these quick and easy pleasures; for nothing truly worth having in this life comes easy.

Our Dependence- Those in our world who desire our lifetimes of work for insignificant amounts of their wealth do so knowing full well that it's an unfair trade; this is why the poor work for the wealthy, because if slaving away gave you everything you desired then the wealthy would work for the poor. Any material possessions offered for your body's limited life are just as fleeting as your body, but worth far less to you.

By allowing the wealthy to govern the world of products and the following world of consumerism we enslave ourselves with dependence. We cannot make homes with economies and gold, because no one's home is made of economies or gold. Nothing sold by the wealthy is without the desire for your dependence upon its lesser quality or insisted maintenance or service.

Unless we remember and teach what it is to self-sustain, we will find ourselves ripping each other apart if ever the rulers deny us their conveniences.

The 7th Truth bares this root of reality: Your body's value cannot be monetized or traded for greater things, as nothing can be valued without your body.

The 7th Lie

Obligation is given by those that believe the world theirs to command, monopolizing health for fortunes and forcing technological fantasies for the sake of content cultures. But the body will never lie, showing us pain when we hurt and smiling when we are happy. **The 7th Lie is mind over body.**

Our Minds- Truly we fear our employer's wrath before we fear our belly's rumbles, but only one of those will kill us if ignored for too long. To allow another to own your devotion to a task or job is to allow another to own your mind, because devotion cannot be stretched thin. Devotion must be given freely to others or yourself in order to get a quality outcome from the task or reason you've devoted yourself; it is what makes an artist an artist and a leader a leader.

To believe your goals only achievable through the ways of others' wealth and means is to forget that the land is our only true provider. And to accept that you need more of what another offers is to offer nothing to yourself. Thus accepting currency of any kind for a percentage of your life is a form of self-performed monetary enslavement.

Our Education- From a young age our minds are filled with the knowledge of the world in which we live and what we must do in order to coexist in that world. However, the truth of this proverbial coexistence is often kept from us; the part of what we must

do has been pre-decided by those that own our right to decide for ourselves. Because being able to decide for ourselves is often dependent upon those that govern over us; whether that be an employer, a parent, or even a government.

To school children in hierarchy environments is to teach children that they are beneath others before they can understand such a concept. No amount of numbers upon a paycheck will ever equal the value of your life, nor will more rules and bosses make your work flawless. As only the unruly need rulers and only the unruly can choose to be unruly or more useful to the world they live in. And forcing a child under a hierarchy before they can learn their own limits and lack thereof is to set the foundation for dysfunctional adult still seeking who they are.

Our Needs- More distracts the mind from the body, as more is an ideal invented by those who will never be satisfied with more. That is why the pursuit of luxury and comfort takes a lifetime to achieve, because those who already have it are keeping it at that costs of others' lives.

To need more is to sustain what you are and what your household is, not to aggrandize who you are or turn your household into a vast empire. Thus the less you need the wealthier in faculties you truly are. And the less you need the more you have to give to the non-materialistic and truly important aspects of your life.

The 7th Lie bares this root of reality: Believing another harbors the means to your

needs is to be traded a fantasy for the life of your body. As no need of any kind can be had while your body is where someone else wants it to be for the sake of their needs.

The 8th Truth

Whether we speak loud and true or not at all, what we are reflects what we are; even a mirror can only show you what is already there. **Reflection of self is the 8th Truth.**

Our Truth- No matter the amount we donate to righteous causes or time we take to aid in them, we can reflect the most wicked of wants into the world. Because it isn't the accumulation or gravity of actions, but the individual quality of each action that determines our current truth and the self we reflect unto the world. This veritably makes us the reflective total of our actions.

Our Expression- In another light we may speak righteous and reflect prejudice or pomposity. Because like all things that reflect, we can only show others what we currently are. So there is no hiding who we are in speech and action, unless those around us hide as well. Who we are is reflected from the clothes worn to the transportation had; this is why logos and names and titles are placed upon everything we're sold. For there's no man nor woman who's hate and love is not reflected in everything they do.

Our Intent- Reflection is a loving smile or a vengeful glare. It is the tone we never knew we had yet angered another. It is the path we never took. And it is the effort or lack of effort we put into who we are.

As such we often do not see just how much of our intent is reflected into the world we inhabit. And yet the intent of our reflections is not invisible; it is vibrant and bold. For the only reason not to see what comes of our reflections is denial and dishonesty and cognitive dissonance. Making our reflections the greatest weapon of truth we are ever afforded, and the most dangerous tool for lies the human race will ever use.

The 8th Truth bares this root of reality: Reflection is a combination all that is wrong and right with us.

The 8th Lie

No amount of flash will ever make us matter more to the world, nor can being defined by others as great guarantee that we feel or are that way. **The 8th Lie is façade projection.**

Our Lies- A lie can be projected by millions easier than a truth can be, because a lie can justify many desires whereas a truth can only justify the body and mind that seek desires. This is why lies are far more common than truths in our world at this time and perhaps all times. As such, lies can take the appearance of truths that spread across generations, causing untold damage to cultures and the peoples of those cultures. This is a grave injustice unto humankind that lingers in multiple ways to this day.

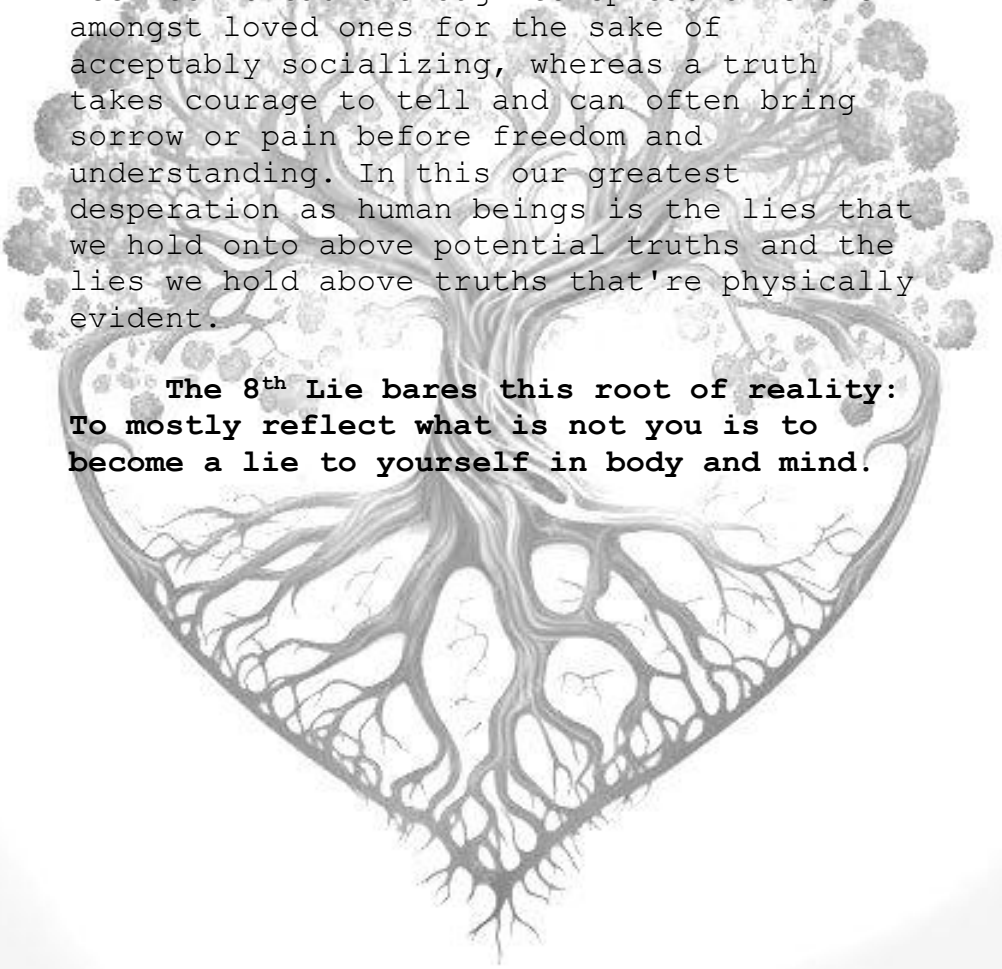
Our Exterior- We are advertised façades to the point that they become familiar, even joked about. We are shown images of happy people and joyful interactions for the sake of sales and control. We are convinced, with repetition, that we will acquire the same joys shown to us if we purchase or pander to what is being advertised.

My name-brand clothes and large logoed vehicle can never reflect who I am, because it isn't my name or logo upon them. Real purposes cannot be found in other's façades, but we are tricked by superficial safety and lured into believing only these advertised and certified façades can give us purpose or meaning. For calling something smart doesn't

make it so, nor does the word good make something less bad.

Our Desperation- To toy with someone's reflection for gain is to manipulate the very person they will become and the world they will reflect upon. As a lie can also feel comfortable enough to spread or share amongst loved ones for the sake of acceptably socializing, whereas a truth takes courage to tell and can often bring sorrow or pain before freedom and understanding. In this our greatest desperation as human beings is the lies that we hold onto above potential truths and the lies we hold above truths that're physically evident.

The 8th Lie bares this root of reality: To mostly reflect what is not you is to become a lie to yourself in body and mind.



The 9th Truth

To watch or stare or wonder is to embrace what is different before you, letting it become the flame that ignites your curiosity. **Difference is the 9th Truth.**

Our Observation- We look at paintings or gawk at beauty because our lives are ever in need of new. It is the reason we choose bright colors over dour ones or rebelliously-dour ones over culturally-conforming bright ones. The reason we can see the stars upon the nighttime behind them. It is why we stare ahead of our feet rather than down at them. It is a perceptual contrast that exerts who we are or wish to be.

Often it's the odd or fat child that gets made fun of by groups, as the very fact of multiple people focusing on one person makes that one person far more interesting than their bullies. For to bully is to be jealous or afraid or angry of what another is that you are not. To bully is to be human, but to bully without reprecussions is to be supported by the ideals of abusers. There are no good reasons or excuses to allow bullies to go unpunished for their deeds.

Our Adoration- Difference cannot be bought or bargained for, it can only be painted upon the person who it inhabits; it is our choices of speech and our expressions of self. Difference is what we all wake up thriving for, as the difference to a hungry belly is a full one. This is why we adore

the premade differences pushed on us, because we yearn for difference in our existence.

Difference is the one thing amongst humankind that every single one of us adores. Our adoration of what is different from what we already possess driving us to new amazing feats and pushing us into horrible acts.

Our Difference- The father of difference is curiosity, teaching us independence and imagination amongst the different contrasts of reality. The mother of difference is similarity, teaching us acceptance and love for the differences that bring us together and force us apart.

The 9th Truth bares this root of reality: Different can appear familiar and similar can feel different, because it is the view of our own individual perceptions deciding all difference which proverbially makes all our differences inherently symbiotic.

The 9th Lie

It's easy to assume someone odd or rude because of a single moment or even twenty, but it's difficult to believe them more than those moments. **The 9th Lie is prejudice.**

Our Judgement- Prejudice is a part of our nature; it is judgement. A part misused and misguided by our fears and wants. And a beneficial part if paired with the willingness to understand and accept.

A belief is not better simply because its church is larger, nor a judgement better because the ideals that back it are stricter or backed by another's bought science and favorably twisted facts. The moment you use your judgement to condemn others for their beliefs or choices is the moment your judgement becomes a prejudice itself.

Our Perception- A stereotype is a prejudice built upon truth, but misused to condemn and conform. For associating a stereotype unto another person is only seen as offensive because we see it or use it offensively. In reality a stereotype is the perfect judgement to find and utilize someone's potentially useful abilities associated with the stereotype that fits them. Such is the reason why groups like AA(alcoholics anonymous) or NA(narcotics anonymous) are run by former addicts who have intimate knowledge of addiction; much like choosing your tall African friend in a basketball game or asking your bodybuilder brother to help you move.

Our Denial- -isms such as racism and sexism are simply tools of prejudice we use to gain superiority by saying we have been or are a victim of them. One may also use these -ism ideals, such as anti-racism or anti-sexism, to further spread them. This is because only in denying and belittling things like racism and sexism in totality can we ever truly take away their influences.

All prejudices, -isms, and judgments are nothing more than our want to create familiarity or find understanding and reason within our lives. As disliking something or someone to the point of or because of prejudice means that we involve our lives with deeper thoughts of it or them. Thus purposefully involving those we supposedly dislike or are prejudice unto, inviting them into our lives in ways that are contradictory to our dislike of them.

The 9th Lie bares this root of reality: We all have prejudice in some way, but we don't have to hate or hurt each other because of it or for it.

The 10th Truth

We have but one way to deal with problems, and that is to take action against them. **Action is the 10th Truth.**

Our Oneness- The only ones with complete control over our actions is us ourselves. Actions cannot be imprisoned or denied, they always freely drift upon personal choice.

Action is not a process, it is a decisive moment of choice. It can be the difference between saving a life and watching someone die. And it can be the difference between living a life filled with love or a life filled with hate.

Our Vigor- Action is not bravery or cowardice, it is the power to mold our very world. It can be the good you volunteer or the awful you push on others.

Action is not a statement of righteousness or a calling. It does not exist for us to become great because of it, but rather for us to make greater with it.

Action is not senseless violence, nor is it useless non-violence. It is the ability to accept and do what must be done over fearing what should or could be done.

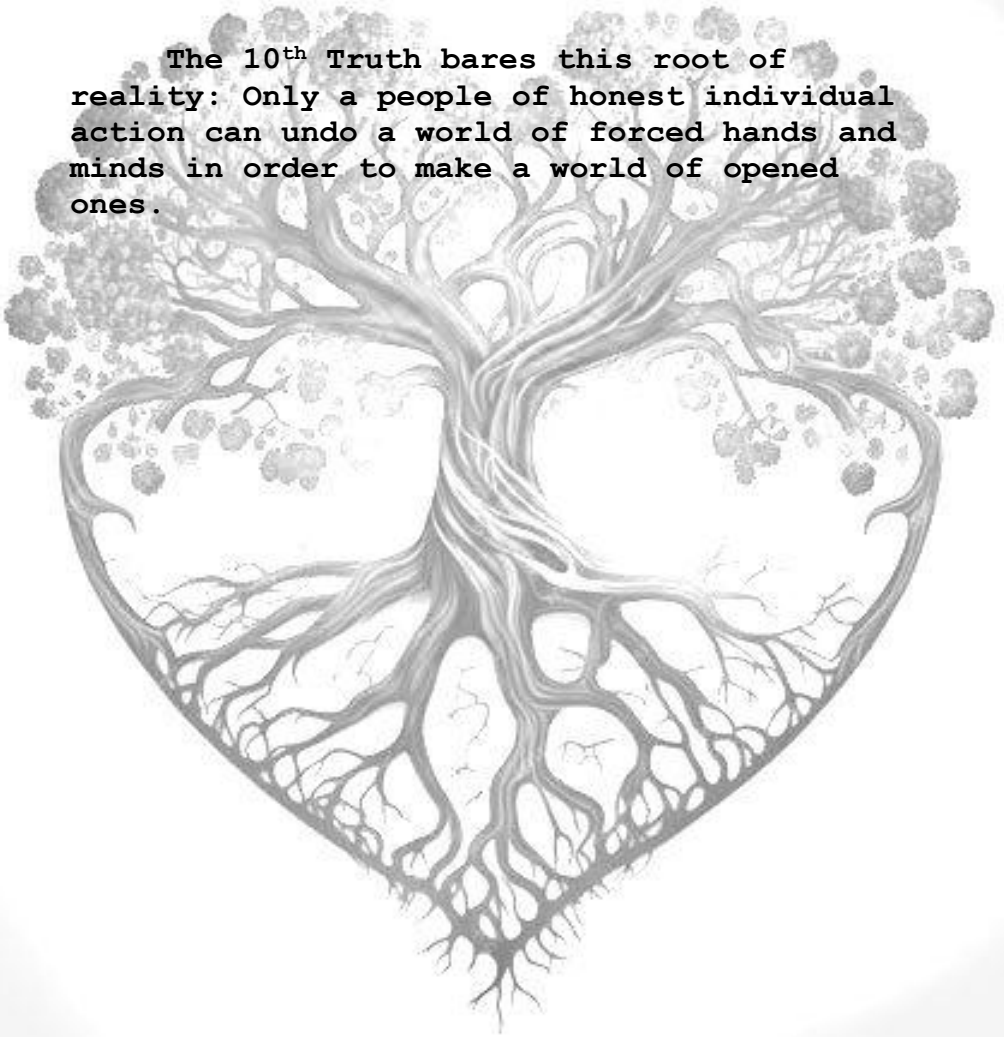
Action may be as ugly or as beautiful as the situation calls for. It doesn't discriminate, that is our doing.

Our Ingenuity- Action is the purest form of choice. Its effects and affects are a reflection of its user's desires. As actions can show and do more than any words

we will ever speak; they can move nations and our hearts the same. Our very world history is riddled with documented actions that individuals and entire nations have done.

Action is manifestation.

The 10th Truth bares this root of reality: Only a people of honest individual action can undo a world of forced hands and minds in order to make a world of opened ones.



The 10th Lie

We often use inaction to say we can't, and then we don't for the sake of that can't. But such words only help us deny what could be or needs to be done. **The 10th Lie is inaction.**

Our Mobility- Inaction is natural, but also forced upon us in overabundant forms readily available for purchase or use. These forms manipulate our desires for a sense of accomplishment and community with superficiality, trends, and even A.I. induced forms of artificial companionship or human-like mimesis. Such things adopt counter-terms unto the denial of their false realities; such as 'smart' phones that cause frontal lobe damage with overuse or healthy and diet labeled foods filled with toxic preservatives.

Entertainment can also be used for inaction, but it can be a rewarding inaction when the total quality of the entertainment is made more important than its popularity or overabundance, thus offering an experience that both wastes time and opens new perceptions to the times ahead. As something shared of quality, especially a form of entertainment, can illuminate a life into living with more gusto or freewill or creativity.

Our Leisure- Receiving a service is a double-edged sword of inaction. For if we're only ever served then we can never learn how to better serve ourselves. Eventually believing that we are entitled to be served,

thus becoming like those that rule our world with the same desire and entitlement to be served by entire societies of others.

Allowing or making another do all that needs to be done for you is being a slave to another's desired inaction of you. To do this is to wither and weaken our strength of self and overall capability. Because slaving away for a cause that is not mostly your own is to allow yourself to be sold into servitude until a retiring point that your employer or master decides best. This is your life, make sure that's exactly what you live for with common sense.

Our Moderation- Pleasure of any kind is a wonderful form of both an inactive and active inaction, but often a selfish one as well. A life of too many pleasures will lessen the joy of them as it leaves us ill of heart and with an addicted mind. As the want for pleasure can easily override any other want we will ever have. Pleasure is the driving point for many a greater reasons, men and woman using it like an enabling habit or a contest to see who can acquire the most. However, like most all things in our lives, it isn't the amount of pleasure we can acquire or take, it is the quality of pleasure we experience; it is the difference between making love and screwing a stranger.

Overindulging in this inaction and in any inaction always results in physical sickness and mental atrophy. Making moderation a crucial ability in the fight against harmful forms of inaction and even more.

The 10th Lie bares this root of reality: Inaction cannot be stopped by medicine or politics or gods, it can only be made useful by those making and using it.

The Final Truth & The Final Lie

Not this book nor any other in existence can decide the truths you are and the lies you are not. **The Final Truth & the Final Lie is who you decide to be or not to be.**

For you- So take a stand for yourself, because you're always deserving of it.

Say yes to something you would usually say no to.

Say no to something you would usually say yes to.

Take a breath sometime and remember that you have the freedom to change your mind and act with your body, because these things only you can ever own and command.

For us- Right a wrong or pick a fight, because both build character.

Make a different choice or improve the ones you have already made.

Choose the harder path's greater rewards over an easier path's pandering.

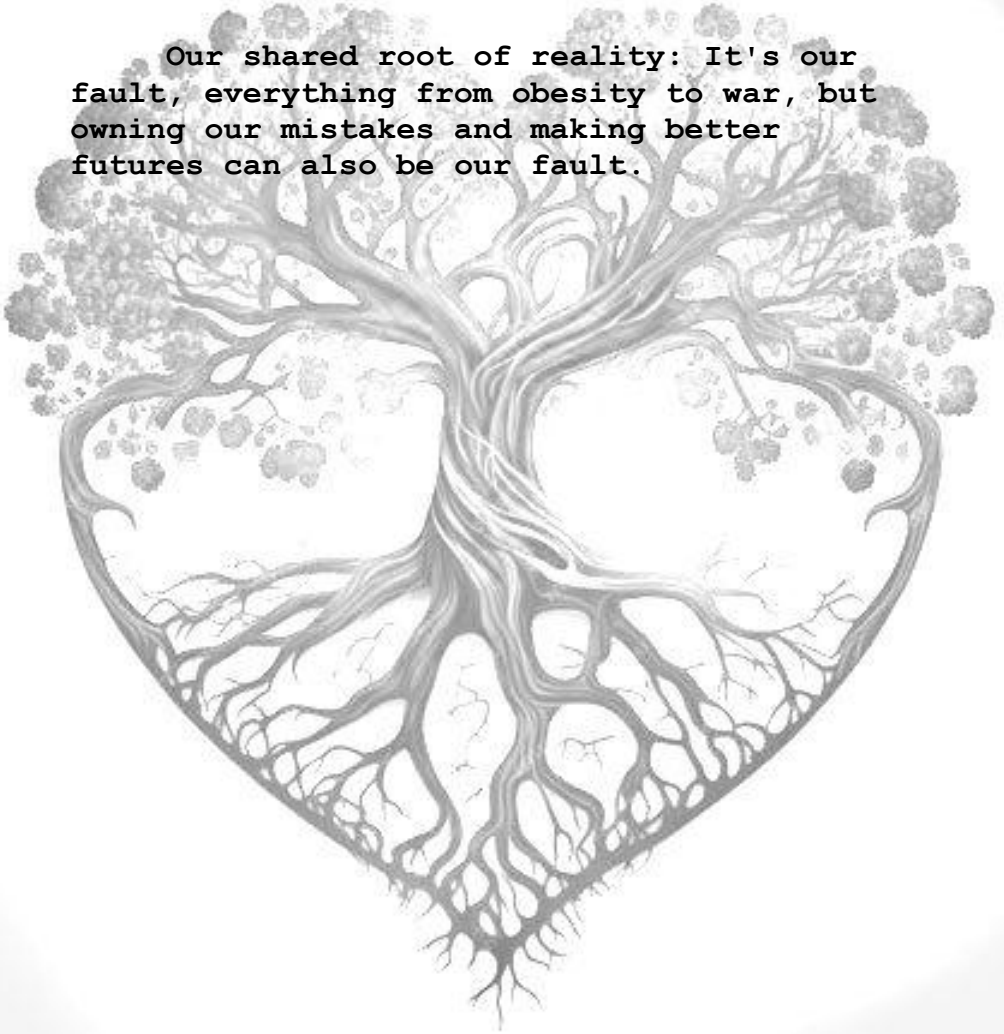
Remind the world that it is you who has control over you, and you will not be a tool for someone's selfish wants and desires; do this so others can remember the same, do this so we all can be free once again.

For truth- There is no such thing as finality. As there are only endings because

beginnings never stop happening. And there are only beginnings because ends can occur for them.

Only you can decide if this book is more than a worthless little stack of paper. Only you can decide anything, ever.

Our shared root of reality: It's our fault, everything from obesity to war, but owning our mistakes and making better futures can also be our fault.



Declaration of Truth

This treatise is my cry for help, written for the protection of all beings of all beliefs. To those of us ever controlled by the corruption and greed of others, I have written this to help us free ourselves. Because most of us are too busy living someone else's version of free to realize we have missed our very own freedom.

And so I beg you, all of you from the richest to the poorest, please help us all remember what we are because humanity cannot survive what we are becoming.